Diabetes, Smoking, and Your Health

Indiana Diabetics who Smoke...

**Health Status**
Only 34.9% state that their health status was good or better.

**High Cholesterol**
71.9% have high cholesterol.

**Sleep**
70.1% stated they do not get enough sleep.

**Blood Pressure**
60.6% have hypertension.

**Physical Activity**
59.2% have had their activity limited due to health issues.

**Exercise**
Only 44.1% exercised in the last 30 days.

**Glaucoma**
8.7% have or had glaucoma.

**Arthritis**
58.0% have arthritis.

**Heart Attack**
18.1% have had a heart attack.

**Coronary Artery Disease**
15.6% have or had coronary artery disease.

**Stroke**
11.6% have had a stroke.

**Cataracts**
28.6% have or had cataracts.

**Reference:** This information is from the 2009 BRFSS. Values are for self-reported diagnosed diabetics who self-reported being current smokers. Survey participants are considered smokers if they answered “yes” to “smoked at least 100 cigarettes” and “now smoke every or some days.”